

A monthly wellness newsletter from Better You



## Reduce Your Risk of Stroke through Better Nutrition

Every 40 seconds someone in the United States suffers a stroke.

Strokes are a leading cause of death, yet it's possible to prevent up to 80 percent of them. If you think a healthy lifestyle helps reduce stroke risk, you're right. A healthy lifestyle includes eating nutritious foods, and keeping your weight, blood sugar and blood pressure in check. It's also important to quit smoking and manage stress.

But there's more you can do to reduce your risk of stroke. And it starts with what you eat.

- Cut down on diet sodas—drinking them every day can significantly increase the risk of stroke.
- Serve up wild-caught fish like salmon, sardines, halibut, mackerel and trout.
- Eat a rainbow of colored fruits and veggies to get a wide variety of vitamins and minerals.
  - Vitamin C – Look for citrus fruits, broccoli, Brussels sprouts, cauliflower, and green and red peppers.
  - Vitamin D – Look for foods fortified with vitamin D like some cereals and dairy products. Good sources are the fish mentioned above as well as, cod liver oil and egg yolks.
  - Iron – The best food sources for iron include grass-fed red meat, sardines, turkey, tofu, lentils, quinoa, eggs, broccoli, spinach, pumpkin seeds and cashews.
- Lycopene – Try eating tomatoes and other red or pink fruits such as watermelon, red cabbage, grapefruit, carrots, persimmons, papaya and asparagus.
- Potassium – To add or increase potassium in your diet, try dried fruit, bananas, coconut, potatoes, cooked spinach, broccoli, cantaloupe and honeydew melon.

With so many good-tasting healthy foods available, eating to avoid the risk of stroke can be a great way to nourish your body.

### Resources:

[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov); [www.cdc.gov/dhdsp/](http://www.cdc.gov/dhdsp/);  
[www.americanheart.org](http://www.americanheart.org)

## Breastfeeding can Benefit Both Baby and Mom

Breastfeeding has so many benefits that pediatricians recommend it for the first year of your baby's life. But even breastfeeding for a short time is better than none. Many moms who return to work after giving birth pump their milk and keep it in bottles for the baby. If you eat a balanced diet, you'll provide everything your baby needs to grow healthy and strong.

### Benefits for Your Baby

Breast milk has hormones and the perfect blend of protein, sugar, fat and most vitamins for your baby. Its antibodies help prevent infections and help your baby's immune system develop. Breastfed babies have a lower

risk of Sudden Infant Death Syndrome. They also have lower rates of obesity, diabetes and some cancers later in life. Plus, breast milk is easy to digest so your baby will have less gas, constipation and feeding problems.

### Benefits for You

Breastfeeding is also good for mom's mental and physical health. It can help you bond with your baby and may help you lose some weight. Breast milk is free, available when you need it and you don't have to prepare it. Another plus is that breastfeeding helps your uterus return to its normal pre-pregnancy size faster because of the hormone it releases. That means your abdomen will look flatter and smaller.

Studies indicate that breastfeeding may lower your

risk of diabetes, breast cancer and ovarian cancer.

If you're sick, take certain medicines or use harmful drugs, breastfeeding may not be right for you. Some infections and drugs can pass to your baby through breast milk. Talk with your doctor if you have questions about what to eat, what to avoid and whether it's safe to breastfeed.

Sometimes, breastfeeding takes time to learn, but it gets easier with practice. You can reach out to doctors, nurses and support groups for help about breastfeeding. To find a resource near you, contact La Leche League at: [lila.org/web/florida.html](http://lila.org/web/florida.html).

### Resources:

[acog.org](http://acog.org)

[marchofdimes.org](http://marchofdimes.org)

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## Oven Baked Salmon (serves 4)



### Ingredients:

- 12-ounce salmon fillet, cut into 4 pieces
- Coarse salt
- Freshly ground black pepper

- Toasted Almond Parsley Salsa for serving
- Baked squash for serving, optional

### Directions

1. Preheat oven to 450 degrees.
2. Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with the Toasted Almond

Parsley Salsa and squash, if desired.

3. To make salsa, mince the shallot and place in a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes. Roughly chop the capers, parsley and almonds, and add to the shallots. Add the olive oil. Mix and season to taste.

Recipe courtesy of [The Food Network](http://TheFoodNetwork.com); for nutritional information click [here](#).

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